

WIC

WIC POLICY AND PROCEDURE MANUAL

Michigan Department of Community Health

Chapter/Section: Exh. 6.08A

Effective Date: 12/16/02

Issue Date: 12/16/02

6. NUTRITION SERVICES

6.08 Nutrition Education Collaboration Between WIC and EFNEP/FNP

Exhibit 6.08A Description of EFNEP & FNP

The Expanded Food and Nutrition Education Program (EFNEP)

What is EFNEP?

EFNEP is a food and nutrition education program designed to help families with children develop skills and behaviors to improve the quality of their daily diets and stretch their food dollars. The program is funded through the USDA and conducted through the Cooperative Extension Program in all 50 states.

Instructors are hired from the neighborhood and teach practical skills in budgeting, healthy eating and food safety. They provide education to individuals or groups either in an individual's home or group setting. Lessons include a variety of fun, hands-on activities and are adapted to match the skills and interests of participants.

What are the benefits to participating in EFNEP?

The program can help participants:

- Save money on groceries.
 - Learn food preparation skills using healthy recipes that taste good.
 - Reduce a family's risk of developing foodborne illness.
 - Help families find community resources that can benefit them.
- Participants who complete the lessons receive a certificate of graduation.

Who can participate?

Families with children and school-aged children are eligible for the program. Income eligibility for families is 185 percent of the Federal Poverty Guidelines, the same income eligibility as the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).

How much does someone have to pay to be in EFNEP?

EFNEP is free to participants.

Which Michigan counties have EFNEP?

Currently, EFNEP is in 15 counties: Berrien, Clare, Genesee, Gladwin, Ingham, Kalamazoo, Kent, Lenawee, Macomb, Muskegon, Oakland, St. Clair, Saginaw, Sanilac and Wayne.

Who can I contact to enroll in EFNEP or find out more about the program?

Contact your local Michigan State University Extension office. The telephone number can be found in the government section of the telephone book. Information on EFNEP is also available at the following websites: <http://fcs.msue.msu.edu> and <http://www.reeusda.gov/4h/efnep/annual.htm>.

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The Family Nutrition Program (FNP)

What is FNP?

FNP is a food and nutrition education program for county residents who are eligible or receiving food stamps. The program is funded through the Food and Nutrition Services of the USDA, the Michigan Family Independence Agency (FIA) and Michigan State University Extension.

Instructors are hired from the neighborhood and teach practical skills in budgeting, healthy eating and food safety. They provide education to individuals or groups either in an individual's home or group setting. Lessons include a variety of fun, hands-on activities and are adapted to match the skills and interests of participants.

What are the benefits to participating in FNP?

The program can help participants:

- Save money on groceries.
- Learn food preparation skills using healthy recipes that taste good.
- Reduce a family's risk of getting foodborne illness.
- Help families find community resources that can benefit them.

Participants completing a series of lessons receive a certificate of completion.

Who can participate?

Any individual or family that is eligible for or receiving food stamps may participate in the program.

How much does someone have to pay to be in FNP?

FNP is free to participants.

Which Michigan counties have FNP?

FNP is in all Michigan counties.

Who can I contact to enroll in FNP or find out more about the program?

Contact your local Michigan State University Extension office. The telephone number can be found in the government section of the telephone book. Information on FNP is also available at the following website:
<http://www.fcs.msue.msu.edu>.